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Niagara News

Vol. 24, No. 8 FREE Friday, Jan. 21, 1994

INFORMING NIAGARA COLLEGE

First of a three-part series on Canadian women in Lillehammer - page 6

Bell's playoff picks - page 13

Cooke praises jobsOntario program

By DIANA BERARDI
Staff Writer

Ontario's Minister of Education and Training Dave Cooke praised the success of Niagara College's jobsOntario training program during a visit to the college's St. Catharines campus on Jan. 13.

JobsOntario is a three-year, $1.1 billion, training and job creation program designed by the Ontario government. This program is intended to create new employment opportunities and assist the unemployed re-enter the workforce.

Niagara College, a broker for jobsOntario, serves the entire Niagara Region. Niagara College's jobsOntario program has filled 456 positions, with 56 still open, creating a total of 512 jobs, said Bea Clark, director of skills development at the college.

"It is a tribute to the people working on the program and the co-operation with the private sector," said Cooke while congratulating Niagara College for its success in creating jobs given the economic problems in the Niagara Region.

JobsOntario consists of two components: pre-employment training designed to help participants obtain the skills required to get the job of their choice, and a training credit which is money granted to the employer to assist with on the job training costs.

Niagara College's jobsOntario contracts with employers have reached a value of $3.3 million. Under the program, a business can receive up to $10,000 for each new job created. At least 50 per cent of this money must be spent on training the new employee and the rest may be used to train existing employees.

"Small businesses are doing the hiring," said Clark from her experience with the program. Now a year and a half into the program, new employers who have heard of jobsOntario approach the college, she said.

"Sales have picked up and we're in a position now that we need people," said Robin Armstrong, sales representative with Girotti Machine of St. Catharines. Girotti Machine has hired one welder-fitter through a jobsOntario contract and is in the process of hiring two more employees.

A major benefit of the program is that a partnership is being formed with the private sector to develop a training plan as a joint venture, said Cooke. "In the past there wasn't a need to worry all that much about ongoing training and training plans within the private sector," he said. Now positions are generally at the higher end of the skills requirement scale and there is more of a need for on-going training and re-training, he added.

'Small businesses are doing the hiring.' Bea Clark

When the jobsOntario training program was first announced in July 1992, the goal was to create 100,000 new jobs over a three-year period. Job creation has not been as quick as the Ontario government anticipated, now at 35,500 jobs provincewide, but it is expected to gain momentum as the growth in the economy increases, said Cooke.

"Even if we don't achieve the 100,000 positions over three years, does not mean the program has been a failure," he said.

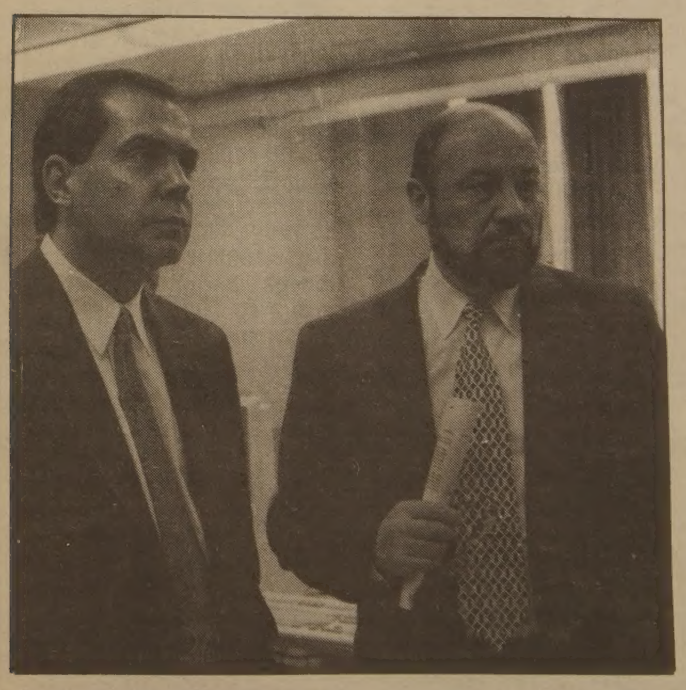
This program, creating a $150 million annual saving for taxpayers by getting the long-term unemployed back into the workforce, has created new hope for welfare reform.

"No one program and no one level of government is going to be able to solve the unemployment problem on its own," said Cooke.

Meanwhile, Cooke refused to comment on funding for a new St. Catharines campus for Niagara College. Capital allocations for the education system will be announced in the late winter or early spring.

"I'm not delaying or deferring any announcements at Niagara," said Cooke. "It means we haven't made any decisions yet. It's not an inexpensive proposal."

The ministry of education has a capital of $100 million per year for post-secondary education which has included the $30 million of jobsOntario capital over the past few years, said Cooke. "That $100 million doesn't go a long way."



Niagara College President John Saso (right) welcomes Ontario Minister of Education and Training Dave Cooke to the St. Catharines campus.

Photo by Diana Berardi

Lambert entertains Niagara students

By GREG FURMINGER
Staff Writer

Guitarist Bob Lambert rolled back into After Hours last Thursday for a full afternoon of enjoyment, after his first appearance in October was cut short.

A ceremony held for the planting of the Tree of Peace on Oct. 16, overlapped with Lambert's pub gig. After a late start, he had to leave early to fly back to Halifax for his weekly stint at the Split Crow — a flight he makes each week, no matter where he is playing.

The lone player opened his show with a cross-Canada tour, performing comedic songs relating to provincial topics, such as Ontario's tune Under the SkyDome (Boardwalk) and Quebec's anthem for the Oka crisis, This Land is My Land.

His set, which ran just over two hours, included other senseless songs, joke-telling and an ample supply of crowd favorites. Lambert was successful in generating audience participation and crowd-pleasing cheers.

He said he was pleased with how well the After Hours audience received him, but was disappointed with the pub's acoustics. Lambert suggested that flags be suspended from the ceiling to reduce high-pitched ringing.

His material has landed him in trouble with other campuses in the past. Lambert said he was branded a racist after performing a song in a Pakistani accent and after singing You're 16, You're Pregnant, It's Not Mine to a Beatles' tune was deemed offensive by the University of New Brunswick. Ensuing actions by the Canadian Council of Student Unions resulted in his banishment from four Canadian campuses.

"The last thing I am is a racist, being (originally) from Newfoundland," said Lambert, adding, "The only prejudices musicians would have would be against politicians."

After 18 years of performing, Lambert has seen a change in social attitudes. He has developed a personal creed: "Any reference to political correctness will be deemed politically incorrect."

Mark Raven, Lambert's road manager, said the musician couldn't be further from being offensive to anyone off stage

Continued on page 7

Kiss the flame

By Heather D. Hodgson
Law and Security
Administration Program
Special to Niagara News

'I have learned to say what's important to me'

It's been three years since I was almost crushed beneath the wheels of an impaired driver's car. I feel it is time to share my views as a victim of this senseless act.

First, I'd like to make it clear that this should not have happened to me or my family. I spent many of my 17 years as a police officer developing programs and educating people on road safety and the dangers of substance abuse and impaired driving. It is ironic that I was struck by a drunken driver while my two children watched.

I am writing this column to share my feelings I have experienced since the collision so others can better understand the situation of the victim.

I realize some have suffered greater losses. I also realize feeling guilty serves no real purpose when I mourn my own losses, however great or small. My losses are real and caused me and my family a great deal of pain.

I have learned to say what is important to me. I may not get a second chance. I have learned the bitterness and hatred towards the man that changed my life forever is best released and forgotten. It can easily erode the spirit and spill over to destroy the fragile beauty that is left in life.

I choose to focus on the positive and accept the negative things I cannot change. For example, my physical limitations resulting from my injuries.

I am thankful for many things that may seem trivial to an observer. I am thankful for my training in seat belt safety and driver training and the fact that my children knew and understood the use of seat belts. When the drunken driver rear-ended my vehicle we would have suffered greater injuries without the use of seat belts. Being rammed at 120 km/h on highway 401 could have resulted in tragedy.

I am thankful for my children's resilience and ability to stay calm. As we followed the drunken driver, one (aged 10) copied the plate number, while the other (age 8) kept visual contact even though they had been injured. I am thankful as well for their ability to follow instructions, despite fear and confusion. As I left my vehicle and ran to attempt to remove the keys from the drunken driver's vehicle, he struck me with his car. I flew through the air and landed in the path of his vehicle. My children remained safe in my car, although horrified.

I am thankful for the presence of mind of the Coca Cola salesman who rammed his car into the vehicle driven by the drunken driver. Without his quick action my head would have been crushed.

I am thankful for the care and warmth of family and friends who supported and nurtured me through my physical and emotional recovery period. Especially Norm, who provided post trauma counselling and Henry who coerced me into continuing my hobby of writing children's stories and poems. The creative outlet was very helpful.

Although I believe the shock of the collision contributed to my mother's heart problems and death, I am thankful for the openness we shared during her last months of life.

I am thankful for my friend and former neighbor who arrived on my doorstep with an application for a teaching position at Niagara College. Further, for my new friends who have made me feel accepted and useful.

There is very little of my life that has not changed. Still, I believe all things worked together to create a pretty valuable life. I treasure each day because I realize very clearly what I could have missed. I treasure my family and friends and the moments we share like air to a drowning person. I value my career as a starting point to my new life.

There is so much that bitterness could have destroyed, it could have eroded my spirit and taken away my ability to see the positive side. I encourage anyone who has been a victim to look at what they still have of value and build on that. Get the counselling necessary to let go of the bitterness. You're worth it!

Record c-c-cold

Niagara digs out after experiencing record low temperatures this past week. The deep-freeze situation prompted a warning to the public to exercise extreme caution when going outdoors as frost bite could set in after minimal exposure. Environment Canada reports that temperatures will remain well below normal until the middle of next month.

Photo by Tom Brank

Visitor from China vanishes in St. Catharines

CRIME STOPPERS NIAGARA
TIPS
SOLVE A CRIME ANONYMOUSLY- EARN A CASH REWARD
1-800-263-8477 and-tips

Crime Stoppers changes its format slightly this week as we try to assist police in locating a missing person.

On Monday, Dec. 20, 1993, a 27-year-old female was reported missing. Xiuying Guo, who also uses the first name Rose, was last seen at approximately 9:30 a.m. the previous morning. The missing woman is a citizen of China and was visiting Canada at the time of her disappearance. She had been living on St. Augustine Drive in St. Catharines.

Rose is employed with the Shougang Corporation and was in Canada observing the dismantling of the General Motors foundry.

The missing woman is described as 5'3" tall, 95 lbs., long black hair, brown eyes and a dark complexion. She was last seen wearing black jeans, a yellow sweater and a grey three-quarter length coat with hood. This woman has not been seen or heard from since Dec. 19, 1993.

Anyone with information concerning her whereabouts can contact Cst. Mike Murphy at Ext. 4272 or Crime Stoppers.

Remember, if you have information about any crime, call Crime Stoppers at 1-800-263-8477, that's 1-800-AND-TIPS to be eligible for a cash award up to $1,000. In all cases, you will not have to reveal your identity.

The Niagara Regional Police, in co-operation with Crime Stoppers Niagara Inc., writes this column to help combat crime. A citizen board administers the local program. Reward money is raised through tax-deductible donations and cheques may be sent to Crime Stoppers of Niagara Inc., P.O. Box 1086, St. Catharines, Ont., L2R 7A3.

DIABETES REQUIRES A SHOT IN THE ARM.

Odds are one in twenty that you have or will develop diabetes, a disease that can lead to blindness, amputation, heart and kidney disease. And it can kill you. One in twenty. You deserve better odds than that. Give to find a cure.

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'Familiar face' leaving Niagara College in January

By DONNA DOLYNSKY
Staff Writer

The familiar face of custodian Ralph Mancuso will soon be gone.

Mancuso is planning his retirement from Niagara College at the end of January after turning "65-years young" on Jan. 1.

"I can now stay home and do some work on my own place," he said. His wife, mother of three and homemaker, Maria, is looking forward to his retirement as well, says Mancuso, although they will both face some major adjustments.

Mancuso, who learned shoemaking when he was 12 years old in Italy, came to Canada in 1954. He first found work picking fruit throughout the Niagara area, then helped out at a Fenwick nursery growing and pulling trees.

"We had to dig them by hand," he said, "but now it's all done with machines. I've seen lots and lots of changes."

In 1955, Mancuso found work at Union Carbide in Niagara Falls but he was laid off within a year.

"They used to have 16 people assigned to each furnace there," he said, "but now they have only one."

Looking up, a hint of sadness gleamed from his eyes as he spoke about the fast-growing technical changes that appeared to be spilling into industry, and replacing the manual workforce.

"We would shovel the coal by hand with huge shovels and work very hard. But, at least there were jobs for people," said Mancuso, adding now one operator pushes a button and the job is done.

Soon he found other work in a small factory in Toronto where they formed steps for buildings. This work lasted only six months.

Upon returning to Welland, Mancuso began a new job at Inco in Welland as a laborer until 1979. Again he faced a massive layoff.

It was at this time Mancuso started his employment as a custodian at Niagara College.

Ralph Mancuso, 65, makes sure the school is clean as a whistle before his retirement at the end of January.

Photo by Keith Hobbs

"He's a very punctual person," says Bev Coons, employee at the Versa snack wagon, while preparing another pot of coffee.

"He's quiet, very friendly. He comes in every morning at 7:15, sets his lunch pail over there," she said pointing to the cement stoop by the library. After greeting Coons with a "good morning," Mancuso reports in at the custodian room next to the bookstore.

"It's like a daily ritual — yes, we're going to miss him. He's the type to be seen and not heard," said Coons.

Mancuso smiles as he describes wrapping up his 16th year of employment at Niagara and explains that he will miss it here, but reflects excitement about his retirement.

"I liked it at Niagara very much," said Mancuso. "Anyone who showed me respect — I gave respect back."

Mancuso does not expect to spend much of his retirement time watching television talk shows or soap operas. In fact, he says he feels many of these shows should be completely eliminated from television.

"People learn too many disgusting things from many of these talk shows," he said. "If people didn't see many of these things on television, they wouldn't even think to do them."

Mancuso said he often dreams about visiting his two-acre chestnut farm he left back in Italy. He explains how chestnuts were used to feed the cattle and pigs, but now they grind them up to make candies, cakes and cookies, using them s milar to brown sugar.

"Perhaps we'll visit Mexico in February," said Mancuso,"and possibly visit Italy another time."

Preparing to utilize his shoemaking skills, Mancuso said materials are difficult to find because they cannot be bought unless they are purchased in bulk.

Speaking of seeking part-time work in the area of Welland, Mancuso said he is not interested in starting his own business.

"I will make shoes for my enjoyment, but not for self-employment," he said, adding it takes about two or three months to complete a pair.

Dental clinic booked

By MONIKA QUECKENSTEDT
Staff Writer

The Niagara College Dental Clinic is booked with appointments for this semester.

"There are no openings at this time," says Jo Szabo, dental technician. "We have all of the patients we can handle right now."

The clinic, on the third floor of the Simcoe building at the Welland campus, is open during regular business hours.

The Dental Hygiene Children's Clinic runs from January to March 31 for ages six to 16.

The three-hour appointments include an oral examination, polishing of teeth and oral hygiene instruction. If necessary, X-rays and fluoride treatments are used.

The Adult Dental Hygiene Clinic runs from January to June.

For an annual registration fee of $10, adults can expect a three-hour appointment including an examination, a thorough cleaning (called scaling) and polishing of teeth ending with a fluoride treatment.

From January to May, a Restorative Clinic runs on Fridays. Restoration and minor surgury are performed on clients in one-hour appointments.

Free examinations are mandatory for clients interested in the Restorative Clinic.

Food still available

By ANGELA KOTLARZ.
Staff Writer

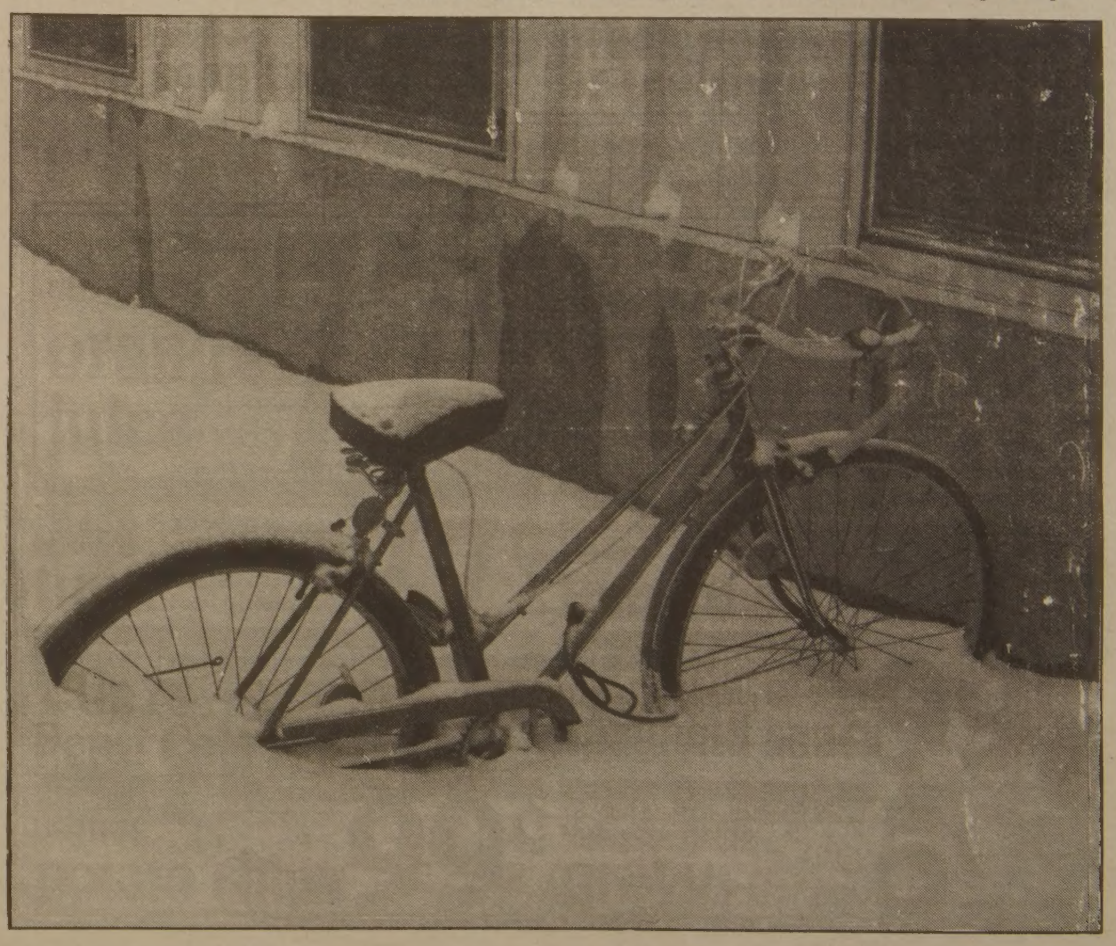
Food generated from Niagara College's Food for Friends food drive is still available.

Any student requiring assistance can drop by the Food Bank located in the counselling department (ME103).

Brigitte Chiki, a counsellor in the counselling department said 30 to 40 students have taken advantage of the service thus far and "Most of the students were parents with children."

This was not to exclude the single students who have used the service as well, she said.

Anyone needing assistance should know the process is completely anonymous, said Chiki, "Nobody should worry about being turned away, it's not that way at all."



Boy, those were the days!

"Heck, in the winter months, I would ride my bike through blizzard snow conditions, I would park my bike in the nearest snowbank, and when school was finished I would push it through two feet of snow all the way home — and I was happy!"

Photo by Tom Brank

EDITORIAL PAGE

Bobbitt abuse barbaric

John Wayne Bobbitt.

The media has swarmed around this court case.

I have seen a television interview with John and heared some testimony from both John and Lorena Bobbitt.

Bobbitt claims mental and physical abuse which is apparent after Lorena removed his penis. Lorena claims physical and sexual abuse.

In 1994 if a women is being abused there are many safe places for her to escape to.

What could have been a simple divorce is now a social uproar.

It is absolutely ridiculous that the media and the court system's time is being wasted on this case.

Women are praising Lorena for what she has done, and most men are siding with John. If John was abusing Lorena she should have left.

Abuse is a serious crime that should be handled appropriately but cutting off his penis was a barbaric act that no one deserves.

Perhaps next month we will hear of a man slicing off his wife's breast.

Elizabeth Brown

Nightmare justice

In a time of outrage over rampant pedophelia, sexual assault and other violent sex crimes against children, it is inconceivable that Montreal Justice Raymonde Verreault would commend an individual for "sparing her virginity" after he was convicted for sodomizing and molesting a young girl.

Canada's justice system has evolved into a recurring nightmare that caters to the wants of the criminal rather than caring for the needs of the victim. What is even more frightening is Verreault is to become Montreal's municipal chief justice next month.

Violent criminals deserve nothing more than a long stay in a dark hole and the bleeding hearts who support the call for their so-called rights are no better.

The wheels of justice have grind to an alarming halt and barbaric as it may seem, if Canada's courts don't tighten up and return justice to the public, people may start taking the law into their own hands. It will no longer be a matter of doing what is right but correcting what is wrong.

Greg Kelly

Summer jobs
Start looking

By TOM BRANK
Staff Writer

If you want a job this summer, start looking now.

Getting a summer job in the Niagara region begins with preparing a solid resume and looking for work early in the year says Janet Forfar, career services officer at Niagara College.

Job postings for summer positions are happening now, and many employers have closing dates in late January and February.

"You really need to get out there and hustle. For the students that are putting it off, remember others aren't," says Forfar.

Forfar is convinced "the chances of getting a job in Niagara are the same as anywhere else." But she says the Niagara region has an advantage in that many jobs in the area are summer oriented, such as tourism.

"All places that have summer activity - that's where the jobs are," says Forfar.

Forfar says the best source of summer jobs are found at the Canada Employment Centre for Students, which is open April through August. Officers from the Canada Employment Centre for Students will be on the Welland campus in February assisting students to register with their local employment branch.

Keeping a good resume, insists Forfar, is essential when hunting for work. Skills students learn at school are "transferable" into work-related skills employers are looking for.

"Sometimes, students aren't even aware of their own skills until they put it down on a resume," she says.

Students can get help producing an effective resume from counsellors at the Career Services Centre. Forfar says students should continue to check the job postings board at the Career Services Centre in the Tecumseh building because listings change frequently. Also, any job opening for students in programs other than the Welland campus are posted at other campuses.

"The focus of career services is more on preparing students to enter the job market and market themselves," says Forfar.

Scholarship offered

High school seniors who are the children of independent business owners in this area are eligible to apply for a $500 scholarship offered by Padgett Business Services.

"This year's economy has created many concerns for small business owners," said Gerry Lacroix of the local Padgett office. "Among them is adequate funding for their children's education."

A scholarship applicant must be a graduating high school senior who plans to attend a post-secondary accredited institution. In addition, the legal guardian of the student must be an active owner of at least 10 per cent of the stock or capital in a local business that employs fewer than 20 people.

Deadline for applying is March 1, 1994. For an application and further information about the Padgett Scholarship Program, phone your local Padgett office at 416-374-6622. All regional winners will become eligible for a grand prize scholarship of $4,000.

The local award is part of an international program in which Padgett Business Services is offering more than $25,000 in scholarship monies throughout the United States and Canada. All awards will be based on applicant test scores, high school grade point averages, and education and career plans. Local winners will be announced in May with the Grand Prize to be awarded in June.

A financial reporting and tax planning service for small business owners, Padgett has been in operation for more than 25 years. Lacroix's local franchise is part of a network of more than 225 Padgett offices in North America.

"At Padgett Business Services, we are striving to become the recognized provider of these services to small business owners," said Lacroix. "This scholarship program is just one example of our dedication to reaching this goal and to serving our clients."

Letter policy

Your voice or opinion is welcome in our letters to the Editor section. All letters must be received on the Thursday before publication week. Each letter must include the student's name, college identification number and program of study. All letters must be signed and include a day and evening telephone number for verification use only. All letters can be mailed or brought to the Niagara News newsroom, Rm. S212, Simcoe Building, Niagara College, P.O. Box 1005, Woodlawn Road, Welland, Ont. L3B 5S2.

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PERSPECTIVES

Economy's grasp holds back Gen X

By ALAN GILDAY
Staff Writer

They have been called the Lost Generation, the McJobbers, the No-Name Generation, and Generation X. Anyone that was born in the sixties is a member of this elite club.

Gen-Xers, as they are called, are a group of people who are now in their 20's and early 30's and were basically born at the wrong time in history. Many of them got out of school and were hit hard by the recession of 1981-83. Unable to find jobs, many went to university and college. A decade later, those that were lucky enough to graduate and find a job were hit again by the most recent recession.

"Fred" is a 26-year-old Niagara College student enrolled in the Journalism-Print program and a member of the X Generation. After graduating with a BA in History and Politics in November of 1989, Fred had dreams of working in the public sector until he found out how difficult it is to land a government job. He toyed with the idea of teaching, until he worked in a day care center.

A year of unemployment, a dead end job as a van driver, and Fred was ready to go back to school. "I thought the transition from school to work would have been a lot easier than it has. I've done everything that people told me to do. I didn't get into drugs or drinking, I got good grades and studied hard, and now there's nothing out there," says Fred. The Oakville resident feels as though he's been gypped and he's angry at the Baby Boomers "for not preparing us for this."

Fred is not alone. Graham Lowe, a sociologist at the University of Alberta says that many Gen-Xers are prolonging their education and moving back in with their parents. Some, like Fred, never left. They figure that they should do something while they are stuck in a low paying job, so they continue to take courses with the hope that they will be prepared when a real job comes along.

Sociologists say that the Gen-Xers feel as though they've been written off by society. Many feel that most of the good jobs and real estate have been gobbled up by the Baby Boomers that preceded them. They know where they are and where they want to go — a traditional full-time job and family life, but there doesn't seem to be a path to get them there.

Doug Coupland, author of the book, "Generation X", contends that "Leisure time was always the carrot at the end of the stick. We worked to get more of it. Now Gen-Xers are forced to take leisure time, but without pay."

Fred is frustrated, but is still confident that things will turn around. "I never thought that I'd still be going to school at 26. I do feel that I'm close to getting a job because I'm so diligent, and I feel that a job will be the key to finally breaking away from my parents and growing up, however, the recession doesn't help much."

A Top 10 review of last year's newsmakers

By KEITH HOBBS
Staff Writer

With the end of the year every periodical worth it's weight runs a top 10 list or an award spoof looking at the last year. Why should we be any different?

So here it goes. The first annual Niagara College Top Ten Awards:

10. The I Could Have Been a Contender Award — Any of the millions of the so called Generation X. Why don't you go and fail before you start whining and complaining, like every one else does.

9. The Not By The Hair Of My Chiny-Chin-Chin Award — Brian Mulroney. He ran out on his party after screwing it up so badly that a half crazed Audrey McLaughlin led her party to more seats in the Commons.

8. The I Was Young And Crazy Award — Anyone who voted for Bob Rae. 'Nuff said.

7. The One In The Bush Is a Worthless Gland Award — John Wayne Bobbitt. Rumors abound that surgeons, unable to find John's real "friend," attached a dead flounder. Many feel this is the real reason Lorena might take him back.

6. The Reversible Pants Award — Louie Anderson. If that man wore a bag over his head you wouldn't be able to tell if he was coming or going.

5. Do Unto Others As You Would Have Others Do Unto You Award — The Catholic Church. After years of prosecuting innocent people, the church is finding out that looking after your own problems should be a commandment.

4. I've Seen This Shtick Before Award — Rush Limbaugh (who placed second in The Reversible Pants voting). The illegitimate love child of William F. Buckley and Morton Downey Jr. is a lewd, rude, prechewed act that was dull before it started.

3. I'd Like a Little Off The Top Award — John "Spike" Gallagher. Listen man, just because your hair came back from the dead doesn't mean we want to see more of it. Use discretion man, before someone comes after you with a weed-wacker and a straight blade.

2. The Can't Live With Them, Can't Shoot Them, So Why Not Complain Endlessly About Them Award — Oprah. If it weren't for men and her weight problem she would have no shows. Piece of advice Oprah — shut up, your whining is causing all the static on car radios, I'm sure of it.

1. The Would You Like To Touch My Monkey Award — Michael Jackson. And it ain't Bubbles we're talking about.

Feeling a little weather-beaten?

A radio listener's guide to college closures

Niagara College students are reluctant to step outside the warmth of their homes following record low temperatures and slippery roads this month. If students believe the college may be closed due to inclement weather they are advised to tune into the following AM radio stations, as outlined in the college's student handbook:

610 CKTB St. Catharines
1220 CHSC St. Catharines
1470 CHOW Welland
710 CJRN Niagara Falls
900 CHML Hamilton

Announcements will be made as soon as a decision to close the college is reached.

Stress management key to relaxed state

By ANGELA KOTLARZ
Staff Writer

Your palms sweat, your heart races, and you may even tremble. Stress is an inevitable part of life but it need not be all-consuming.

Brigitte Chiki, a counsellor in the counselling department of Niagara College, defines stress as a state of disequilibrium, in other words, "Your life isn't the way you would like it whether you're experiencing mental stress or physical stress."

Not all stress, though, is bad. In fact a little bit of stress is positive because it gets your adrenalin going and keeps you alert, she said.

"It's different for eveyone because everyone has a different level of stress they can cope with," said Chiki.

Many times it's simply a case of how well an individual copes with unexpected events. "Some people welcome unexpected things and look at them as a challenge and other people," she said, "fall apart at the slightest things."

In a recent *Chatelaine* article, a study by Dr. Richard Dienstbier, a University of Nebraska researcher, showed you can reduce the wear and tear on your body and mind by adopting a get-tough approach to stress and tackling it head on.

"This teaches your body to deal with stress effectively and return quickly to a relaxed state," said Dienstbier.

One of the most important things when it comes to stress, Chiki said, is asking yourself the question are you physically okay. Are you sleeping well and are you eating well because, "Certain foods contribute to a feeling of wellness and help to combat stress."

Another source of stress that most students can appreciate and relate to is cramming. It's been proven, said Chiki, cramming doesn't work in terms of remembering information and students who practise cramming are more likely to blank out on a test.

The two sources of stress are either external or internal. External stressors may include financial problems, interpersonal problems with friends or family or poor health. Internal stressors, on the other hand, involve things such as attitude and how you look at different situations.

"Fortunately we have some control over internal stressors but external stressors aren't easily controlled," she said.

Events themselves aren't stressful, said Dr. Paul Rosch, president of the American Institute of Stress in a recent *Reader's Digest* article. In general, he said, stress comes from feeling out of control.

"The real key to relieving stress," said Rosch, "is gaining control over irritants you have the power to change and accepting those you don't."

When you're feeling down it could just be a matter of needing some physical exercise, "Not anything strenuous necessarily, just a walk and some fresh air," said Chiki.

She said relaxation techniques, as a means of controlling stress, aren't for everyone but when people reach a point where enough is enough they are then forced to look at relaxation techniques.

Relaxation tapes are available to students, through the counselling department. "Students do come in and take the tapes out and say they're helpful," said Chiki.

Becoming less stressed means slowing down but this means different things to different people, "It's a very individual thing and all we can do is make suggestions."

The unfortunate thing is students usually have to hit "rock bottom" before they realize they must make changes, said Chiki, adding "Let's not let it get to that point, if you see the symptoms or recognize the signs act on them now."

Students who are experiencing a lot of sleepless nights or want to sleep all the time should be concerned and over-indulgence in food, alcohol, drugs or sex are considered signs as well.

"Students need to also look at who their friends are because it's easy to get carried on a wave of people who don't manage their lives well," she said. Sometimes friends influence the stress in your life and you may have to make a decision about how much time you spend with them if this is the case.

And if you've tried it all and are still at the end of your rope, never underestimate the power of humor. "Try to laugh at least once a day and start your day with a healthy attitude. I see so many serious students," said Chiki.

If you still feel overwhelmed by stress don't keep it inside. Go see the college's nurse or visit the counselling department in ME103.

Coping with Alzheimer's often difficult for families

By PEGGY TEDDER
Staff Writer

An elderly woman smiles as the salesgirl helps her button her new winter coat. A middle-aged daughter compliments her mother on how lovely she looks, especially with the coat's fur-trimmed collar and cuffs. Here in a small store in Grimsby a simple scene of everyday life is being played out. Yet there is a difference. This woman of greater age, once doting mother of two, grandmother of five, has no memory of purchasing the coat once outside the store. It is the middle of winter. Her daughter sighs; this is not an uncommon experience.

It has been eight years since Betty (first names only will be used for family confidentiality) has been diagnosed with Alzheimer's disease which attacks the brain, producing impaired memory, thinking and behavior. It results in a loss of identity and human dignity.

January is Alzheimer's month, dedicated to the victims and those closest to them - the caregivers.

Alzheimer's disease cannot be cured. It produces gradual symptoms that are characteristic of a syndrome known as dementia; loss of intellectual functions (such as thinking, remembering and reasoning), of sufficient severity to interfere with a person's daily functioning. This type of condition was inaccurately labelled in the past as senility. It affects approximately 10 per cent of Canadians over age 65 and more than 40 per cent of people over age 85.

As Alzheimer's disease progresses, a person's ability to successfully carry out the familiar activities of daily living will decline. The thinking abilities required to cook a meal, pay bills, clean house, bathe, dress, or even dial a telephone will diminish gradually. Because of memory problems, the person may also claim that tasks have been done, although it is quite evident they have not.

Relatives of persons in the early stages of Alzheimer's often find themselves in a difficult situation. They feel a certain something is wrong but they do not know what they should do to help. It is important to consult a medical professional as soon as possible.

Caregivers must realize the support system of friends and family, helpful in previous times of trouble, may not be enough to get them through the stresses of caring for their loved one. Because Alzheimer's is a fatal disease and one that often involves a lingering death, the stages of grief family members go through are similar to the stages of adjustment to death. "I have lost my mother, she is dead," says Diane, Betty's daughter.

When someone is diagnosed with Alzheimer's disease the entire family is affected. Caregiving can last a long time. The family often has to take on new responsibilities, adapt to greater demands upon time or alter the patterns of lives in order to give this help. The caregivers must assess the potential support available during the caregiving process as realistically as possible and begin to find replacements for the emotional support previously provided by the victims themselves.

"My mother was always there for my brother and I, she helped us with our homework, scolded us when we were bad, praised us when we were good. Now she is gone to us," says Diane.

Some family members may recognize action needs to be taken but other family members may react with denial. "Alzheimer's can either break up a family or pull it together, if siblings disagree or do not pull their weight in the caretaking, it will create a rift and leave nothing but bitterness," says Diane.

The caregiver is the hidden victim of this illness. There may be the need to let go of unfinished plans or dreams. Today, family members often live at some distance from each other. When a relative requires support and increasing assistance, caring from a distance presents special problems.

The physical and mental strain placed on the caregiver can be significantly reduced if both family and community resources are sufficiently utilized, they become part of their strength.

The Alzheimer Society of Niagara Region, 203 Ontario St., St. Catharines, Ont., provides support, counselling and education for those concerned with the quality of life of persons with Alzheimer's disease of a related dementia.

There are a number of family self-help groups operating throughout the Niagara Region. The purpose of these support groups is to help caregivers share ideas and coping methods with the many problems of caring for the person afflicted with the disease.

A musical evening dedicated to all caregivers will take place at Laura Secord Secondary School, 349 Niagara St., St. Catharines, Ont., at 8 p.m. on Jan. 28.

It is common to ponder our memories when we have lost someone. "My mother adored her family. Oh, the way she loved her grandchildren and took care of them, always waiting with cookies at the door. Now she doesn't even know them," says Diane.

As time goes by
I've lost a lot
But please remember
Forget me not

Donna Howard Misita

Don't forget those who don't remember - for further information contact Alzheimer Society of Niagara Region, (905) 687-3914.

Canadian women going for Olympic Gold

By LEANN MCHUTCHION
Staff Writer

This is the first in a series of three articles on the Canadian women athletes who will be competing in the 1994 Olympic Winter games.

On 21 occasions Canadian women have stepped up to the podium to accept Olympic gold, silver and bronze medals, and this year's team at Lillehammer, Norway will certainly be no exception.

Alpine skier Kerrin Lee-Gartner will try to make sports history by becoming the first woman skier to become a repeat Olympic downhill champion after receiving her first gold medal at the 1992 Olympics in Albertville, France.

"Her (Lee-Gartner) talent and skill make her a contender in the super giant slalom, a race combining the daring of the downhill with the technical demands of the giant slalom," says the Canadian Olympic Association in the press release from the Canadian Association for the Advancement of Women and Sports and Physical Activity (CAAWS).

"I've worked very hard on Super-G, and I've displayed a lot of consistency which is tough to do in this discipline," said Lee-Gartner in the press release. "It's a race that suits my style because it involves a lot of risk."

Lee-Gartner will be competing in the women's downhill and women's Super-G (super giant slalom) events in the Alpine Skiing events at Lillehammer along with teammate Kate Pace.

Pace has endured a number of injuries in her five years on Canada's National team, but said injuries are part of her daredevil sport and she has no intention of being extra careful prior to the Olympics.

Many athletes try to reach a physical peak around the time of the Games. Pace, in the same press release, said she tries to rely on intense mental preparation, "you have to learn to control fear. That's what separates you from the rest. And I believe that having fun is the key to success."

Pace is continuing her winning ways capturing the World Cup opener at Tignes, France and is a medal favorite for Lillehammer.

Freestyle skiing made its first appearance at the 1988 Games in Calgary as a demonstration event. At Albertville in '92, Moguls was granted official medal status, and at Lillehammer aerials will also have official medal status while ballet will remain a demonstration event.

Mogul specialist Bronwen Thomas is considered to be "an excellent technical skier and strong on her jumps," says the CAAWS. The association says Thomas' only problem on the slopes has been "a lack of speed."

"You can't win in moguls if you are one or two seconds behind the fastest times. My main focus in training this year is speed," said Thomas.

In the moguls competition speed is a large factor because points are awarded according to the time a skier takes to complete the course and are added to the judges score for technical ability and the execution of two spontaneous upright jumps the skier must preform along the course.

Thomas was last season's World Championship bronze medalist and has been consistent in placing high on the World Cup circuit. Unlike many of her teammates, Thomas has, "never suffered any major injuries in this body-taxing sport," says the Olympic Association.

Aerialist Caroline Olivier is aiming to finish in the top eight at Lillehammer.

Olivier spent much of the 1990-91 and 1991-92 season on the sidelines after experiencing serious knee injuries early in both seasons. Last season Olivier won the bronze medal in World Cup action at Blackcomb, B.C.

"Last year I was still pretty nervous at most competitions," said Olivier in an Olympic Association publication, "but this summer, instead of being in rehabilitation, I was training for real. I think I've lost my fright now because I'm concentrating so much on technique. Last year on the ramp I was fighting the fright."

The stories of Canadian women of the Olympic Winter Games at Lillehammer will continue in the *Niagara News next week focusing on Canadian skaters who are scheduled to compete. Opening ceremonies are slated for Feb. 12.*

Plagiarism undetected

Some students profiting

By KEITH HOBBS
Staff Writer

Plagiarism.

An academic evil with severe consequences — but only if you get caught.

Over the past year, the reported cases of plagiarism in Niagara College has amounted to two.

Ivar Noren, college registar, says he has "received two notices (of plagiarism) over the last year."

Noren is responsible for recording the offences in students' academic files. He added that no student has ever been expelled from Niagara College for plagiarism during his tenure.

While most cases are dealt with in the classroom, as teachers personally deal with smaller cases such as improper documentation of sources, the system seems unable to catch the most severe offenders.

David Schleich, vice-president of academics, says "very few (cases of plagiarism) come my way."

Niagara College policy and procedure on academic mischief as stated in 7-25 policy, which includes among other things plagiarism, necessitates that the vice-president of academics must be contacted in cases of plagiarism.

School administrators know there is a problem with plagiarism in the college, but are unsure how to catch offenders.

While the school's administration looks for a way to better a flawed system, some students take full advantage of the difficulty of apprehending offenders.

"When a teacher has over 40 papers to mark, they aren't going to notice an individual's style or even a paper that they received last year with a few changes," says a student who wishes to remain anonymous. "I've written over a dozen essays for the same teacher over the last few years, for several different people, and I'm kind of proud to say I've never scored under an 80," says the student.

The student says the people he writes for pay him "very well for the few minutes it takes me to spew out a decent essay."

The problems that arise from the practice of buying and selling essays affects everyone: the student that really did the work, the teacher whose job it is (however impossible) to try and catch the cheaters, but most of all the student who cheated their way through the class, suffers for missing an integral part of their education.

The only people who profit are the sellers of the essay — not only do they make a buck, they also expand their minds.

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Internet brings Niagara to information age

By MIKE MICHAUD
Staff Writer

The world is changing from the golden age to the information age and Niagara College is changing with it.

A team of college staff has been working out the details into hooking Niagara up to Internet.

Internet is a computer network linking educational and research institutions from around the world. Users plugged into the Net, as it is often called, can instantly access any kind of information from almost anywhere on the planet.

The Net is sometimes referred to as a "network of networks," which is exactly what it is. Large, national networks connect smaller, regional networks which in turn connect individual institutions and network users. Any information sent through the Net is broken up into fragments and sent out over the entire web of terminals, where it is assembled at its destination.

Internet was originally developed in the late 1960s by the U.S. Defense Department. Their intent was to create a line of communication that would be capable of surviving a devastating nuclear attack. Breaking the information into these little "packets" would ensure the message got through. If any information is missing at the receiving end, it is simply re-sent.

The use of today's high tech telephone lines and fibre optic cables allows information to be received almost instantly. Users can participate in live discussion groups or send an electronic letter to a friend in another country.

That invisible, electronic world between computer terminals has been named "Cyberspace" and it can be as alien as its name. New users "surfing the Net" must be wary and be sure to follow the proper rules of "Netiquette." Netiquette refers to a code of conduct developed by Internet users. Although Internet has no official governing body, those breaking the rules can face serious backlash from other users. Slip-ups like shouting (TYPING IN ALL CAPITALS) or asking Frequently Asked Questions (a help address) may cause the user to be "flamed." Flaming describes some of the verbal abuse issued for such mistakes.

The recent boom in computer technology has seen Internet grow into a maze of more than 40,000 smaller networks. The Net supports an estimated 25 million users on two million computers in 60 countries. With such a large, borderless membership, legal concerns will always be a problem.

In November 1993, Ontario bulletin boards began distributing banned information about the Karla Homolka manslaughter trial. Warnings from justice officials quickly stopped most of the BBSs from distributing the information, but the ban had already been broken. Police in Canada have also shut down bulletin boards that were distributing child pornography. But because Internet and the electronic pathways of Cyberspace are so intertwined, these types of thing can never be stopped.

Internet is fast becoming the most readily accessible and the most user-oriented means of communication on the planet. Internet users have so far been successful in gaining social acceptance and in keeping away from commercialization. This may be changing, though.

Washington-based National Science Foundation has been primarily responsible for sustaining the U.S. connection to Internet - NSFNET. In April 1993, the NSF started looking for ways to privatize NSFNET. The NSF currently spends $24 million a year to run the network, which links several regional networks to Internet.

Some people feel, however, that privatization of the Net will alter this new virtual society. Despite the possibility of private sector control of Internet, the limits of this new communication medium can only expand. People looking for a friend, the name of an ancient manuscript, or a good meatloaf recipe can discard the bounds of geography - and talk to the world.

New law makes health professionals accountable

By MONIKA QUECKENSTEDT
Staff Writer

Health professionals must be accountable thanks to a new law effective Jan. 1, 1994.

The Regulated Health Professions Act (RHPA) passed in November 1991, which became law Dec. 31, 1993, covers 23 medical professions in Ontario including dentists, midwives, physicians and psychologists.

"With more public members there is more of a sense of trust," says Elliot Gold of the communications and information branch of the Ontario Ministry of Health.

Increased public involvement means greater accountability, said Gold. For example, public appointees (members) now appear on councils, discipline panels, the Health Professions Board and the advisory council.

"We have between 1,500 and 1,800 public appointees from all over Ontario," said Michele Harding, manager for public appointees at the Ministry of Health. "For the first time, legislation mandates open meetings to the public. Before they only did this if it was required."

Meetings involving personnel or finances will remain closed to the public.

Anyone except medical professionals and their spouses can apply for a public appointee position.

"The public role is primarily a volunteer position," Harding said. "There is an honorarium which varies with colleges (governing bodies) from less than $100 to $200 per day."

Terms for appointees are from two to three years with two terms or six years being the maximum appointed time.

Applications begin by sending a letter and resume to the Ministry of Health. The ministry selects, nominates, and interviews applicants who qualify, Harding said.

Along with public involvement are stricter laws and consequences.

For example, the RHPA says anyone who illegally performs surgery will be fined up to $25,000 and/or spend up to six months in jail.

In Bill 100 of the RHPA, the penalties for sexual abuse are "a minimum five-year revocation of the professional's certificate to practise and a fine of up to $35,000."

Before the RHPA several pieces of legislation dating between 1925 and 1974 governed various health professions, said Gold. "It was decided we needed one piece of legislation where all the various professions are subject to certain rules."

"Consumers have the right to be treated with sensitivity and respect," said Minister of Health Ruth Grier in a recent press release.

For health professionals who are affected by the RHPA, it means an added expense.

"It's an added expense," said Marianne Queckenstedt, a registered technologist at the Welland County General Hospital. "I have to pay a little over $200 a year by law to be a member of the Medical Laboratory Technologists College (governing body) so I can keep working."

In Welland

Learn to negotiate

By AMY NEILANDS
Staff Writer

Learn how to negotiate for success.

Carol Boettcher, vice-president of Student Life and Human Resources at Niagara College, will be the guest speaker at the Connect with Niagara Women's Networking Luncheon to be held on Tuesday, Jan. 25.

Boettcher to speak Jan. 25

Boettcher will be speaking about a model for negotiation that will assist women in their daily interactions with co-workers, supervisors, and family.

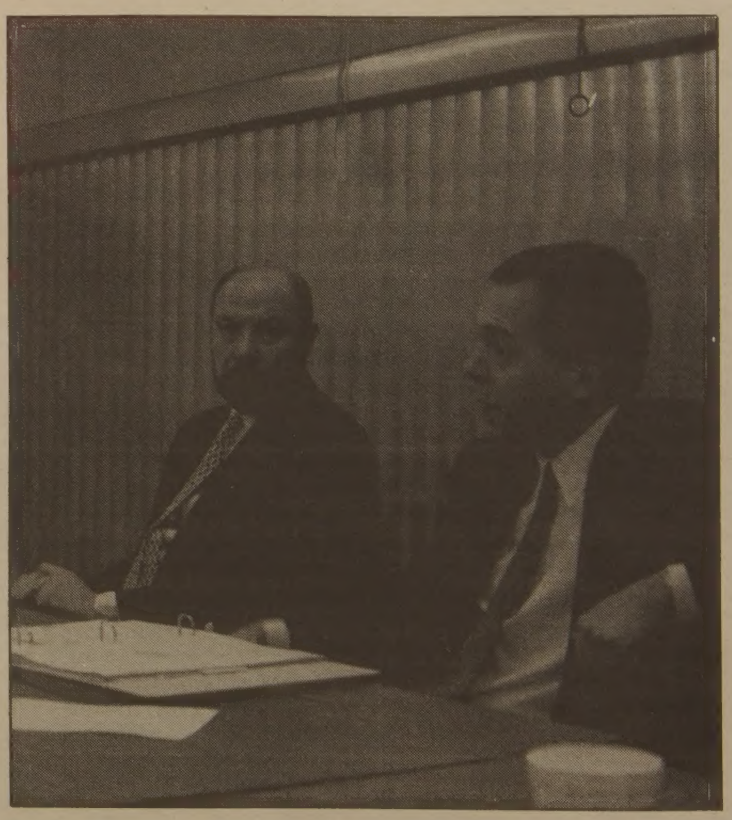
Before coming to Niagara in March 1991, Boettcher was director at Humber College in Toronto. She was also director of Human Resources at Sunnybrook Medical Centre in Toronto from 1974 to 1987.

Boettcher is a graduate of the University of Waterloo and Central Michigan University and has extensive experience negotiating in a variety of settings.

A second event will be held on April 19. Barbara Okanik, business development officer at the Niagara College Innovation Centre, will be speaking on opportunities for women in business. She will be focusing on entrepreneurship and business planning.

People wanting to go to either talks are required to pre-register for both events, which will be held at the new Lion's Club on River Road in Welland.

To register or to receive more information, contact Barbara Fonfara at (905)735-2211, 384-9760, 382-2383, ext. 7774.



Cooke meets with Saso

Ontario Minister of Education and Training Dave Cooke (right) praises Niagara College's jobsOntario program at a meeting with Niagara College President John Saso (left) and other college officials at the St. Catharines campus on Thursday, Jan. 13.

Photo by Diana Berardi

Lambert's back

Continued from page 1

and does not promote segregation in any fashion.

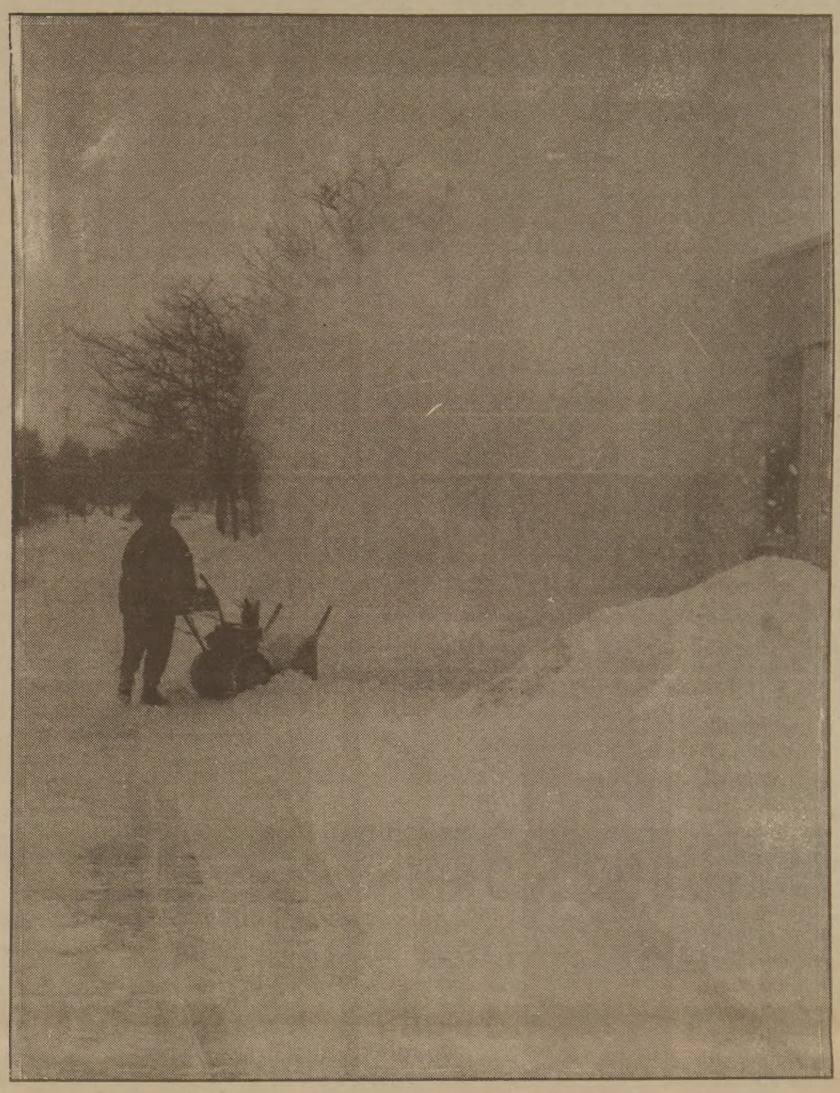
With four independent recordings under his belt, a youthful-looking Lambert, 42, is perched on signing a deal with EMI in New York. If all goes well, he has tentatively decided to call his upcoming CD, Draw the Line, which he describes as a mix of adult contemporary, rhythm and blues, country and Bruce Springsteen. The title is a reflection on overconsumption of alcohol by teens.

Lambert promotes "Sociable State" — common to Pat Hewitt, who appeared at the college in December — but notes that the "loosen the audience state" theme doesn't clash with his Draw the Line concept.

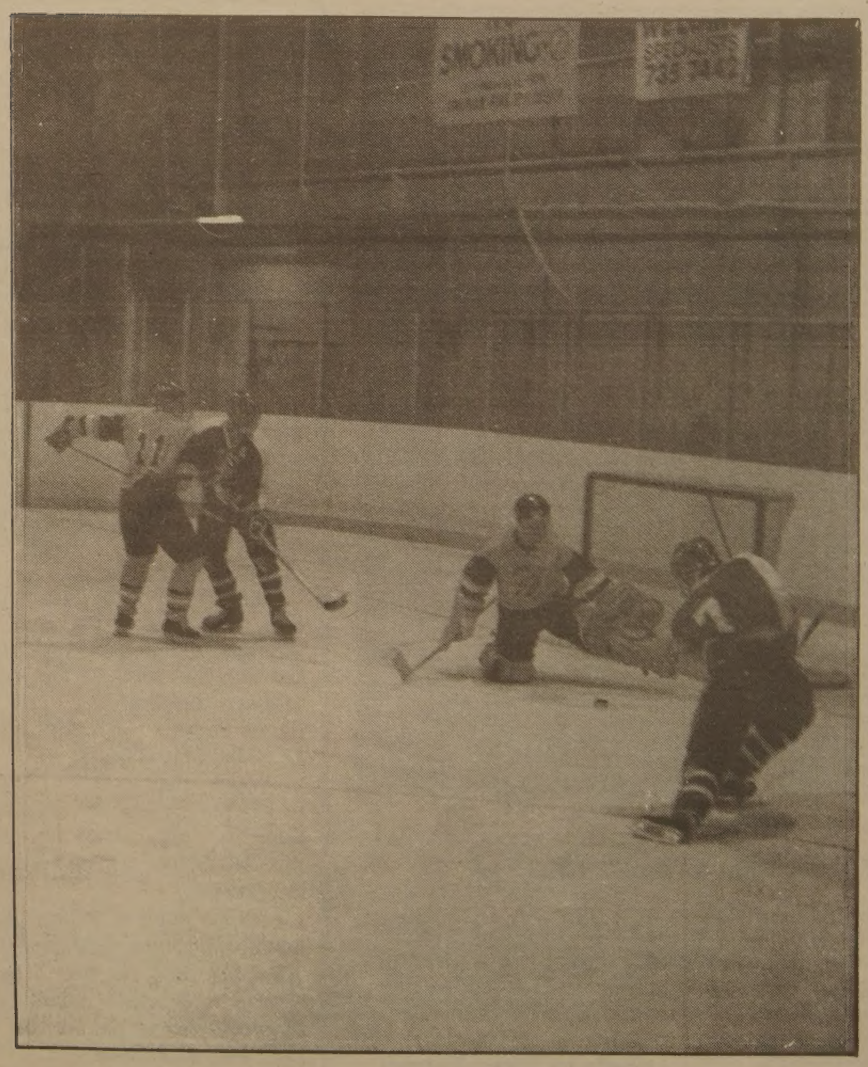
"When I play on stage I like to see people having a good time," he said. "Have a good time, be friendly, but don't drink to get drunk."

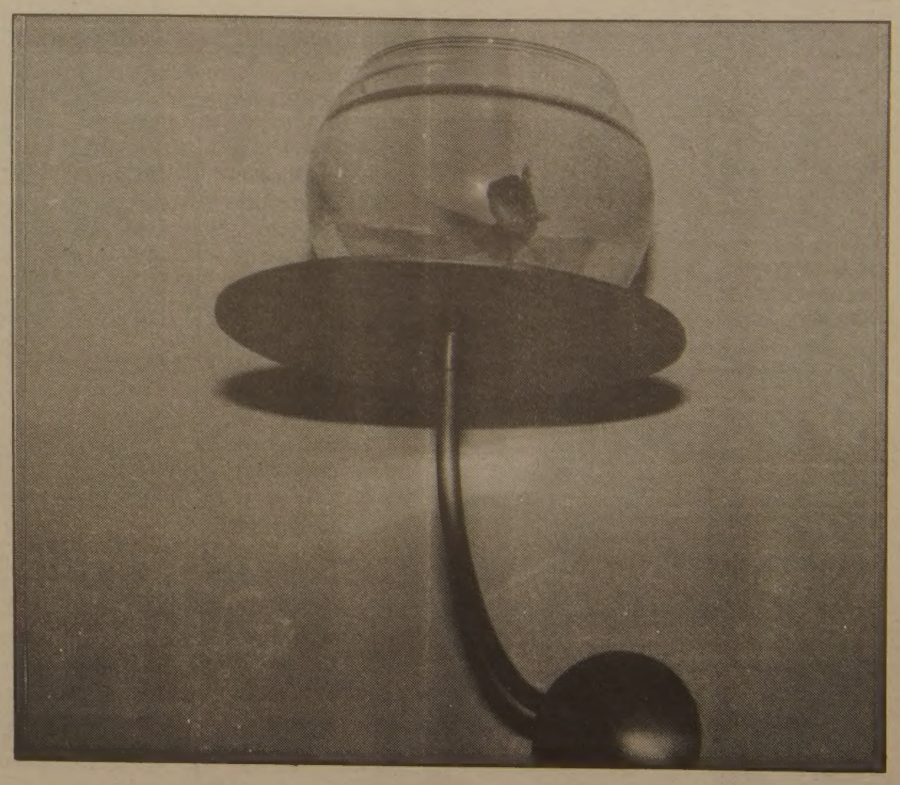
Lambert plans to reduce his number of campus appearances after this year, but said if he returns to Niagara, students should expect to see him perform with a full band.

Snapshots by Journalism students



Photos by Amy Neilands, Danielle Meville, Stuart McDonald and Tom Brank





Summer jobs available through Ontario's Youth Corps

By AL GILDAY
Staff Writer

The Ontario government has recently decided to continue to provide jobs for youth this summer through the Environmental Youth Corps.

The successful program is designed to give youth between the ages of 15 and 24 the opportunity "to work on projects that contribute to improving the environment in their own communities."

Several local organizations in the area have taken on environmental projects in the past through the program. The Niagara Pennisula Conservation Authority participated in the program last year, and anticipates participating again this year.

"We had three projects last year,"says David Stewart, director of land management for the authority. "We had some students doing some flood plain mapping, wetlands mapping and biological inventories. We were fortunate to be able to hire students that had some educational background in those areas," Stewart says.

Participants in the program earn between $6.70 and $8 an hour

The results of the flood plain project were used by the government in drafting regulations regarding construction in flood-prone areas.

Participants in the program earn between $6.70 and $8 an hour and vary between eight and 18 weeks in duration, although some may be extended past September.

A list of employers who have participated in the program in the past will be distributed to all libraries and Canada Employment Centres for Students. The list includes employer addresses and telephone numbers. Students are invited to send resumes directly to the employers, however, not all employers will participate in the program this year.

In May, a list of approved projects will be distributed to libraries and student employment centres. Students can consult the list to find out which projects have been approved, but are advised to apply early.

There are many stimulating positions available in the program. Students could find themselves conducting lab research in agricultural technologies or producing environmentally focused publications or television documentaries.

For more information, consult the Environmental Youth Corps Employer list at local libraries and Canada Employment Centres.

Ethical treatment of animals urged

By NOREEN BOND
Staff Writer

Do you believe in animal rights?

Karen Diane Nixon, 18, of Willoughby Drive in Niagara Falls, said animals should not be sacrificed for human needs. She is a vegetarian and has continued to stay away from any source of meat for three years.

She said there are three types of vegetarians. The first being a lacto vegetarian, who doesn't drink milk, also a fish and poultry vegetarian and a vegan, who doesn't eat any sort of milk or animal products. Nixon said she is a vegan.

Nixon stopped eating meat when a friend showed her an article in a magazine. Nixon said that after she read the magazine, she was repulsed at the thought of digesting any sort of meat. "Eating meat made me nauseous," Nixon said. She didn't want to contribute to the cruelty of animals. "I feel better about myself since I became a vegetarian," she said.

"Being a vegetarian is better for the environment. The land used for raising cattle, could be much better spent for growing grain for human consumption." she said. "Being a vegetarian isn't so difficult. You just replace meat with peas, beans, vegetables, tofu and sometimes vitamin supplements," she added.

Nixon is "highly involved" in animal rights as well. For three and a half years, Nixon said she has been doing everything she can to help the animals of the world. "I became interested in animal rights when I read an article on animal testing," she said. Nixon is careful on what she purchases. "I purchase makeup products at The Body Shop because they don't test any of their products on animals," she said. Some other companies that don't test are The Soapberry Shop, Almay, and Revlon. Some companies that do test on animals are Proctor and Gamble, Colgate and Maybelline. Nixon reads labels on all products before she purchases them.

Nixon makes regular donations to the Humane Society. She has four cats ranging in age from three to 15. "I love my cats, they are very important to me, just like the other animals in this world," she said.

Boy, it is cold!

It was a cold but happy crowd at the playoff game between the Buffalo Bills and the Los Angeles Raiders last week at Rich Stadium in Orchard Park, N.Y. These fans huddled before the game begins. Another sellout is expected on Sunday when the hometown Bills play the Kansas City Chiefs for the American Football League championship. (See column Page 13)

Photo by Robin Green

Official-Languages Monitor Program

Under a program funded by the Government of Canada, the Ministry of Education and Training in conjunction with the Council of Ministers of Education, Canada, invites students to apply for the position of second-language monitors (French or English) for the 1994-95 academic year.

Part-Time Monitors

Official-languages monitors must be full-time postsecondary students usually studying in a province other than their own. They will work between six and eight hours per week under the supervision of a second-language teacher. Some francophone monitors will be assigned to French schools outside Quebec. For eight months' participation in the program, they will receive at least $3,500 and one return trip between their home and the host province.

To be eligible for the part-time program, students must have completed at least one year of postsecondary studies or will have completed such studies by the end of the 1993-94 academic year.

Full-Time Monitors

Full-time monitors must have completed at least one year of postsecondary studies. Duties consist of assisting French second-language teachers in rural or semi-urban areas usually in a province other than their own, for 25 hours per week. Some francophone monitors will be assigned to French schools outside Quebec. Monitors will receive up to $11,400 for 10 months of participation. They will also receive two return trips per year between their home province and the host province. They may also receive a moving allowance of a minimum of $300 and a maximum of $1,110 for commuting expenses within the host province.

Application forms and program brochures may be obtained from placement offices in postsecondary institutions, or from the address below:

Provincial Co-ordinator, Monitor Program
Ministry of Education and Training
French Language Education, Policy and Programs
16th Floor, Mowat Block, Queen's Park
Toronto, Ontario
M7A 1L2

Duly completed application forms must arrive at the address indicated in the information package, postmarked no later than **February 18, 1994**. Qualified candidates will be required to attend an interview.

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ENTERTAINMENT

Fonthill actor doesn't mind waiting for fame

By JOHN SARKO
Staff Writer

Stephanie Jones doesn't mind waiting for fame. The 26-year-old Fonthill actor is trying to make the wait more rewarding. Jones is finishing a tour of Ontario prisons with the comedy troupe, The Ladies in Waiting.

Jones and Lynette Louise, the troupe's leader and only other member, are gaining exposure for themselves and the prison system. The tour is being filmed as part of a CBC documentary on the penal system.

"Sure we can go into prisons and in our own minds see that things are wrong but nothing's going to get done unless you expose it to somebody and that is where the documentary came in," says Jones.

An independent film is being shot of the two women's experiences entertaining prisoners. Backers of the independent film are financing the tour.

Jones is finding the prison experience exciting and frightening. "The guards basically told us that if a riot breaks out you're on your own," she says. "We were in Kingston in front of 300 prisoners and just four guards. It keeps you on edge because, what can four guards do if anything were to happen?

The CBC documentary is aimed at enlightening Canadians about their prison system.

"The Don (Mills) jail is bad. Really bad. Rats the size of cats are running around," describes Jones. Traps and poison are no longer used because of security reasons. A sticky flypaper had been used until guards complained of the screaming cries of rats that had been caught.

CBC documentary aimed at enlightening Canadians about prison system

"I did the tour to try and get the word out about our prisons. I wasn't naive enough to think I could preach," says Jones. "You're not going to be able to reform these guys with one comedy show."

For Jones, reform starts with education. "One-third of the jail population is illiterate. A more serious problem exists in the north where virtually all the natives in prison are illiterate. This is society's fault for not providing education."

She relates an incident with one of the gaurds at the Metro East (Don Mills) Detention Centre. "At the Don jail the guards are so concerned with control; it is so constricting that if they would have let 300 of them (prisoners) in one room they would have gone crazy. We would've been dead."

A condom program was started at the centre to prevent the spread of disease. But guards don't dispose of the condoms and any inmate who asks for one will be immediately marking himself. "Things are so tense there," says Jones. A guard informed her that buggery is a crime and, therefore, he doesn't distribute condoms. In minimum security facilities condoms are used to smuggle drugs in.

In Kingston, she caught sight of an inmate masturbating off to the side of the stage whom no one else could see. "We had performed to protective custody prisoners in Toronto and now we were in front of rapists and murderers. That guy really brought things back into focus," says Jones. "You get used to what's going on and the edges become soft but that was definite reality check. You can never show fear because they would sense it."

A fact of prison life is segregated racial diversity. "There are definite racial lines. White guys sit here, black guys sit there and the Jamaicans sit over there," Jones describes. It is all part of the order to which these federal prisoners have structured their lives.

Jones says she enjoys trying new projects. She is scripting a one-woman comedy show that will preview to shelters for abuse victims. She also teaches improvisational acting at The Ray Wicken School of Drama in St. Catharines.

The idea of doing a prison tour is in her blood. "My mother told me the other day that my grandmother performed for prisoners in Wales," relates Jones.

The independent film will be released this spring. One more show will be filmed for the CBC documentary this month at Stoney Mountain, a federal facility in Winnipeg.

Prisoners in Ontario rarely experience live entertainment.

'Scoop This' worth scooping up

By AL GILDAY
Staff Writer

Scoop This is EMI Canada's most recent attempt to introduce consumers to new music and they have done just that.

I've always felt that there is a great deal of music out there that lies silent, just waiting to be discovered, and this compilation proves this theory.

This album is a great. All of the songs can be considered highlights. I couldn't find one song that I disliked. There is something on this album for everyone's musical pallette.

The haunting voice of Johnette Napolitano of L.A.'s Concrete Blonde shines through on *Jonestown. Jonestown* is from the band's fifth album and could have very easily been a song from their eerie *Bloodletting* album.

Canadian country folk rockers, the Skydiggers break new ground with a foot-stomping gospel swing number called Just over the Mountain from their latest album.

Tea Party drops by with Save Me, a reminder of what can happen if you cross Led Zeppelin with the Doors and add a dash of Middle Eastern influence for good measure.

One of the biggest surprises on the album comes from Mazzy Star, a duo from Los Angeles. Fade into You is a simple, bluesy-accoustic ballad that showcases Hope Sandoval's superb voice.

Pop folksters Blind Melon, follow up the success of their first single, No Rain, with I Wonder, which has been getting a fair amount of radio airplay.

Also included are a couple of tracks from Blur and Terrorvision My House, two British groups whose English-accented vocals are destined to put a new spin on the international music scene.

The *Scoop This* album also marks a departure from the record company's usual approach to marketing a group or an album. EMI Canada produced a newspaper that was distributed to record stores and bars. The newspaper features exclusive interviews with each of the featured bands as well as giveaways for readers.

The compilation is a great way for listeners to sample new music without having to empty their wallets to do it. It's also a great way to ensure that these groups get some much-needed exposure that they wouldn't normally be able to get. If you get the chance, *Scoop This* is well worth scooping.

Taj is singing the blues

By ADELE NAGY
Staff Writer

Taj Mahal is a legend.

Taj, who hails from Springfield, Mass., has been singing the blues for 25 years. His latest CD, Dancing the Blues, is a living anthology — having taken the music of Grover McDaniel and T-Bone Walker in Hard Way, and Antoine Fats Domino and Dave Bartholomew in Going to the River, (to name a few), and resurrected them so they are not only museum pieces, but living music once again.

Taj Mahal's blues couldn't get any bluer. It is the kind of music Arsenio Hall would shake his head at in appreciation, (and probably has). It has a rich, full sound, and is very brassy thanks to The Texacali Horns.

This CD is well worth having, even if you are not a fan of the blues. It is a special feeling to possess a piece of musical history brought to life again. It also includes a few new pieces written by Taj Mahal, but embodying the same spirit.

After all, we are told by the experts that without the blues there would be no rock'n'roll.

Annual auditions held for opera

By PEGGY TEDDER
Staff Writer

Aspiring artiste?

Opera Hamilton is holding its annual chorus auditions and invites all singers to join this successful opera company.

Opera Hamilton boasts sold out houses to their productions in the Great Hall at Hamilton Place.

Although this is a volunteer chorus, an honorarium is paid for each production.

Try-outs will be held Saturday, Jan. 22, from 2 p.m. to 6 p.m., Hamilton Place, meeting room 2, (Stage door entrance on McNab Street).

Two contrasting pieces, preferably in a foreign language, are the audition requirements. An accompanist will be provided.

If you are interested in the opportunity to perform with some of the world's leading singers and directors, please telephone Ted at (905) 527-7627 to book an appointment.

News tips? Photo reprints?
Want to promote your program?
Fascinating hobby?
Call Niagara News Ext. 7753

Health clinic relieves ER load

By SALLY BOND
Staff Writer

Niagara Region is now home to an innovative new health care facility.

The Pelham Urgent Care Clinic, at 245 Pelham Rd. in St. Catharines, was officially opened Dec. 1.

Dr. Fraser MacKay, clinic director, said the facility, which is the first of its kind in the area, will help to "bridge the gap" between walk-in medical clinics and hospital emergency rooms.

With casting, suture, and eye-exam equipment on site, the clinic is able to treat patients who would otherwise require emergency room services.

By co-ordinating the pharmacy, lab, and X-ray departments' hours to match the clinic's, MacKay said the facility has become "patient sensitive...and service directed."

Although the clinic is busy with an average of 80 to 100 patients each day, MacKay said waiting time is usually less that 15 minutes as arrangements have been made for backup doctors.

Aside from its convenience, the clinic is also cost-effective.

MacKay discussed a study conducted in the late 1980s that estimated the average cost of an emergency room visit was $80 to $120 not including physician costs.

The clinic's costs, however, are substantially lower as it does not have the "sophisticated personnel" found in emergency rooms and has less volume of equipment.

MacKay stressed, though, the clinic's purpose is to treat "urgent but not life-threatening" problems such as minor fractures, earaches, burns, and work-related injuries.

The facility has the capability to respond to severe injuries and medical problems, but these matters are best treated in a hospital, he said.

Through literature provided by the clinic, MacKay said he wants to "educate the heck out of people so they can use the resource the best."

MacKay said only six per cent of patients who use the clinic need to see their family doctor within a week. By distributing pamphlets outlining when a follow-up visit is necessary, "double-doctoring" can be avoided.

The Pelham Urgent Care Clinic is open Monday to Friday from 9 a.m. until 9 p.m. and weekends and holidays from 10 a.m. to 6 p.m.

Language program offers opportunity

By JILLIAN WATSON
Staff Writer

Would you like to reap rewards this summer? Consider the Summer Language Bursary Program (SLBP).

The program enables students to learn either English or French as a second language and improve their knowledge of the English or French culture.

The ability to speak two languages "is such an asset that I think job opportunities are much enhanced," said Anne Audet-Giroux, manager of French Language Services at Niagara College.

Funded by the federal government's Official Languages in Education Program, SLBP enables students to participate in a six-week intensive immersion program in English or French.

"If students have the opportunity to take French immersion, that is the best way to learn to speak the language," said Huguette Game, secretary and liaison of French Language Services.

Applicants must be Canadian citizens or permanent residents, have post-secondary standing, and be enrolled as full-time students for at least one semester in the 1993-94 academic year.

Qualifying students may study at accredited institutions in British Columbia, the Prairies, Ontario, Quebec, or the Atlantic provinces.

The bursaries, which are awarded by provincial and territorial co-ordinators according to quotas, cover costs of tuition, materials, and room and board. The bursaries do not cover students' pocket money or transportation costs.

Institutions may require a deposit and charge a non-refundable enrolment fee.

Although most provinces use a computer program to award bursaries, some provinces and territories award bursaries on a first-come-first-served basis. Preference may be given to students who have not previously been granted bursaries.

Students will attend classes and participate in activities during the day, in the evening, and on weekends. Mandatory participation prevents students from taking additional courses and working part-time.

Students may stay in residence or private homes conducive to learning the second language.

Completed application forms should be sent to Fellowships Program Co-ordinator, Student Support Branch, Ministry of Education and Training, P.O. Box 4500, 189 Red River Rd., Thunder Bay, Ont., PB7 6G9 by Feb. 18. Forms are available from Huguette Game in ME 100-C.

Beat those winter blues, stay warm

By JOHN SARKO
Staff Writer

Baby, it's cold outside.

The record setting cold spell that is embracing the country makes a trip to the frozen foods section of your local grocery store seem like Jamaica. A lot of time spent indoors will lead to a severe depression. Probably in your couch cusions. You have to stay warm outside and busy when you're inside.

Here are some simple rules to follow in order to survive the chill and keep your sanity.

Exercise. Nothing can compare to this age-old cure for cabin fever. Mailing your remote control to some far-off destination will ensure at least a minimum amount of movement. Or you can simply give it to that one person in your life who gets upset everytime you change the channel. You know who she is.

A lot of vitamin C. There is no mistaking the benefits of Dr. Linus Pauling's remedy for whatever ails you. Fighting scurvey and increasing oxygen flow are benefits of the chewable tablets that used to come in something called vegetables. Apparently potato chips, beer and smokes are devoid of any substaintial nutrition.

Quit school. Nothing perks up a drowsy attitude like a total change of lifestyle. Besides you've already gotten your OSAP. What are they going to do, take it back?

Stop reading. Reading will lull you into a false sense of knowledge making your eyes tired and inducing sleep. This will increase your winter depression. Plus if you've eaten a lot of vitamin C you may wet yourself while sleeping.

Increase your haphazard safe sex practices so that worrying about STD's will make talking about the weather seem not so important.

Perhaps a hobby is your cup of tea. You could collect the transcripts of The Ralph Benmergui Show. If Ralph can survive national humiliation you can make it through a little coldspell. Besides, realizing how frivilous the government is spending your money will give you a reason to hang in there and bitch.

Adopt a soldier. By paying the way for military personel you will be attempting to provide a sense of meaning to an organization that really has no sense of direction or any particular goals to accomplish. Oh wait, you already do that.

Stalk Susan Hay. I mean watch Susan Hay. The Global TV meteorologist will keep you abreast of rising barometric pressures.

If you've taken ill perhaps a spoonful of William F. Buckley's ideological cough syrup will do the trick. Sure it tastes bad. Bad things usually do.

Remember, stay warm.

Community living supportive

By NOREEN BOND
Staff Writer

Living in the community is a challenge that mentally-handicapped adults are conquering.

The Welland District Association for Community Living (WDACL) currently operates seven group homes in Welland. This number is expected to grow in the coming years.

It is the goal of the WDACL to provide community-based residences for all its clients. The WDACL also attempts to place people in community jobs through Employment Options.

The aim of residential services is to help people improve their life and social skills with the hope of achieving as much independence as possible.

Residential services offer a variety of living situations. Group homes usually receive 24-hour staffing. The supported independent living program allows people to live on their own with minimal supervision. Satellite homes offer individuals the opportunity to live with a family in the community.

Personal banking, grocery shopping and normal social interaction are things most people take for granted. These are skills that a community residence can help individuals to obtain. Residential counsellors help people develop these skills.

"A person should have patience and tolerance in this kind of job," says John Sarko, a part-time counsellor for the WDACL. He said being a counsellor is not a difficult job and requires only common sense and a professional attitude.

"You really have to like working with people. The main thing is supplying people with a stable life that they can build on," says Sarko.

Sarko says many people have a perception that to work with the mentally-handicapped requires some special skill. He dispels this notion saying that the people he works with are friends and being a counsellor is just a normal part of everyday life.

Guess Who's Coming To
After Hours ?
Thursday Feb. 3,
1-3 p.m.
MIKE WOODS
Tuesday Feb. 8,
1-3 p.m.
MIKE SOMETHING

Keep an eye out for upcoming events!
• Kareoke • Live Bands • Comedians•
"Where there's never a cover!"

SPORTS

Knights sink Schooners on first road trip

By STUART MCDONALD
Staff Writer

At 7 a.m. on Friday, Jan. 14, members of the Niagara Knights hockey team slowly trickled onto a Peachtree Lines bus for their first overnight road trip of the college season.

Plenty of yawns and some smiles of excitement adorned the boyish faces as they entered the plush, grey interior of the Brockville-bound bus. The bus glowed warmly in the dark, snowy morning and attracted cold players like bugs to a light-bulb.

In came Craner (Dave Crane) and then Scoots (Captain Pat Skuta). Otis (Chris Bradnam) was already on the bus. Snork, the trainer, was packing hockey bags in the luggage compartment underneath.

At the back of the bus, recent National Hockey League scores and anecdotes were passed back and forth with the precision and quickness of a hockey puck. The banter continued until Coach Fred Bassi started walking the aisle swearing a blue streak about sunflower seeds and how he didn't want any shells on the floor.

Coach Bassi, a former professional boxer and Boston University hockey player, has coached the Niagara Knights hockey team for 24 years. He is a big bear of a man with a thick black moustache and a gruff, irreverent exterior that belies his loyalty to his players.

The six-hour bus ride to Brockville, an hour south of Ottawa, included two videos which the players watched on one of five overhead television screens.

At 2:30 p.m. in Brockville's cavernous Memorial Centre, the game against the St. Lawrence College Schooners began. Niagara scored five unanswered goals before the Schooners scored on a two-man advantage at the mid-way point of the second period. The Schooners scored three more goals to make it 5-4 which gave the Knights "a little bit of a scare," said Jim Beattie, Niagara's assistant coach.

Five minutes into the third period, Len Hale scored on a break down the right wing making it 6-4. Then, Niagara's leading scorer Pete Lachance fought off two players in the corner and with one hand on his stick fed the puck to Crane who scored from the slot. The Knights won 9-5.

A fight in the second period cost Niagara the services of former Ontario Hockey League defenceman Jason Harris for about three weeks. Harris' shoulder joint popped out when Schooner Scott Steele jumped on top of him during the fight. Chants of "Wendel, Wendel," erupted in the small crowd because of Steele's striking resemblance to Maple Leaf Wendel Clark.

Harris matter-of-factly said joint before and although the trainer fixed the joint it would take about three weeks for the surrounding muscles and tendons to heal.

Six players received miscon-ducts in a game both Hale and Crane described as "chippy."

The players spent Friday night in a Brockville motel and "restored my faith in hockey players," said Bassi whose team had a bad experience at a Haileybury, Ont., hotel in a tournament last year.

Game two of the road trip took place at the Nepean Sportsplex in Nepean, Ont., against Ottawa's Algonquin College. Niagara spotted Algonquin a 4-2 lead going into the third period but came from behind to tie the game at four on goals by Jason Buote and Mark Masotti. The tie moves the Knights to 4-3-1 on the season.

Coach Bassi said he was happy with the tie considering the team went into the third period two goals down and on the road. Bassi said he was also pleased with the road trip, getting three out of four points and keeping pace with Sudbury's Cambrian College for a playoff spot.

Both Skuta and Chris Duerden said if they had played Algonquin on Friday they would have won. "They (road games) take a toll on you. Guys are tired and having a big gap between road games like this you tend not to focus on the game itself. You focus on other things," said Skuta.

Skuta said the road trip helped bring the players closer together and will likely help team chemistry. "This team can do a lot of things if we put our minds to it. It's just a matter of doing it."

Niagara's next home game is on Friday, Jan. 28 at the Welland Arena against Ottawa's Algonquin College.

Hearts will be racing during Valentines Run

By CRAIG LITCHFIELD
Staff Writer

On Sunday, Feb. 13, runners from five to 75 are invited to run for a good cause by competing in the Hamilton YWCA/Hamilton Eaton Centre Valentine Run.

This revival of the John "Lucky" Stewart Junior Road Race on the downtown streets of Hamilton features a 2.25 mile junior and 4.5 mile open run.

Participants can run on their own, team up with a partner in the Sweetheart Team Division or join with three others in the high school Team Division. There are six prize divisions with 46 prizes in total to be presented, including cash awards to the overall three male/female finalists in the Open Run.

Registration fees are $10 an entry in the 2.25 mile junior run and $15 an entry in the 4.5 mile open run. Entries are available at the Hamilton YWCA, 75 MacNab S., and 52 Ottawa N., the Hamilton Eaton Centre on the corner of York and James, Runners' Edge at 811 King St. W., and at radio station Oldies 1150. Deadline for registration is noon on race day.

All proceeds will go to pre-school and youth departments of the Hamilton YWCA.

For additional information, contact Janice Perry, marketing director of the Hamilton YWCA at 525-9922.

Women to defend 5-4 record

By CRAIG LITCHFIELD
Staff Writer

The Niagara Knights women's volleyball team will take their 5-4 record to Mohawk College today for a two day tournament.

The Knights overcame a scary moment on Dec. 3 when starter Jennifer MacMillan injured her ankle in a tough game against Mohawk. Coach John Kwiotkowski had no other option than to enter the team's manager, Jennifer Forde, into the game.

"We really pulled together after that," said Kwiotkowski.

The Knights went on to defeat Mohawk in a well fought contest.

"She played really well for a manager," said the coach.

MacMillan has fully recovered and will participate in this weekend's tournament.

"We've had really good practices this week and we're ready for this tournament," said Kwiotkowski.

Sarkis confident in men's team

By CRAIG LITCHFIELD
Staff Writer

Although they have lost two key players from their lineup, the Niagara Knights men's volleyball coach Ray Sarkis is confident the team will persevere.

"We should win. We just have to minimize mental errors," said Sarkis.

The Knights have lost starters Eric Vanhuizer, who returned to Redeemer College in Ancaster, Ont., and Luke Ashtor, who chose to remain in his native Alberta after the break.

The 7-2 Knights will meet Georgian College tonight in a battle for second place. Georgian, who are also 7-2, defeated Niagara earlier this season to give them the second place standing behind Cambrian College.

"If our defence toughens up, we should be able to pull this one out," he said. Game time is 7:30 p.m.

RECYCLE THIS NEWSPAPER

Bills 'very exciting' live, despite cold

By ROBIN GREEN
Staff Writer

Any Buffalo Bills fan knows the excitement of watching this team win any game. However, only those fans who have actually attended a football game actually know how exciting this team can be.

Those who have never attended a game may not realize the fun does not start when the game does - it starts the moment you wake up.

Last Saturday, I attended the playoff game between the Buffalo Bills and the Los Angeles Raiders at Rich Stadium in Orchard Park, N.Y.

I awoke at 7 a.m., and, after the weather report confirmed the temperature was to be as cold as predicted, I piled together enough clothing to stay warm throughout the day. I set off at 8:30 a.m.

Along the way, I was passed by many cars carrying banners of support for the Bills, as well as Buffalo Bills flags, licence plates and fans dressed in blue and red. At the Fort Erie Duty Free Shoppe, the building held banners reading "Let's Go Bills" and the employees wore Buffalo jerseys as they served countless cases of beer to fans who had made the stop. The excitement of the crowd in the store made me anxious to arrive at the stadium.

An hour later I was waiting in line to be admitted into the stadium parking lot. After parking my car, I stepped out into the -36 C temperature and knew at once only true Buffalo football fans would be attending this game. I quickly added three wool sweaters to the two I was wearing, put on snow pants, another jacket, gloves and a facemask, and set off to join in the party going on in the parking lot.

All around me people were barbecuing, drinking and playing football. While walking around, I found the people were in high spirits and hyped up about the game. Most fans called out to everyone, others called out on one condition - if you were a Buffalo fan. Raider fans were often harassed, sometimes teasingly, other times by Bills fans who took another person's loyalty to another team a bit too personally. A few snowballs were thrown, words were exchanged, and a few fights were threatened, but I saw no serious damage done.

At noon I walked into the stadium with thousands of others, and quickly pushed to my seat once inside. The game turned out to be very exciting, with every fan offering the Bills as much support as they could. The crowd, estimated at more than 70,000, cheered, whistled, and sang after every touchdown and field goal, and helped the Bills pull off a 29-23 victory over the Raiders.

After the game, it was back to the parking lot and the post-game parties. While some tried leaving the parking lot, others again started barbecuing, drinking and playing football. Some of the smaller groups congregated into larger ones with friends made throughout the day, and many small bonfires were lit for warmth.

I thoroughly enjoyed this game as much as any other game I have attended. The cold weather only added to the atmosphere, along with the football-crazed fans and tailgate parties before and after the game. I recommend any Bills fan who has never attended a game jump at the first opportunity to go, keeping in mind, however, that these games are not for the meek - they should indeed stay home and watch it on television.

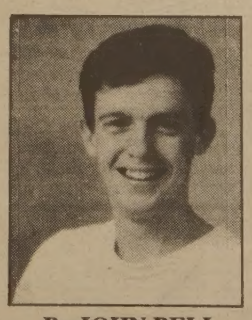
The Bills next game is Sunday at 12:30 p.m. against the Kansas City Chiefs. The winner gets a trip to Atlanta and Super Bowl XXVIII.

And the winners are...

First-year Law and Security Administration (LASA) program students were awarded by the Canadian Red Cross Society for their continued support of the Niagara College Blood Donor Clinic. They were awarded both Corpsuckle Cup (for the program with the largest per cent of donors) and Buddy Blood Drop Jr. Trophy (the most pints donated by a program). The presentation took place in room M11 with Niagara College President John Saso and Vice President Academic David Schleich presenting the awards. A new first-time Staff Award was also presented to the Management Information Services staff. LASA program students from left are Dan Murawski and Shennon Simpell. Management Information Services staff are Jackie Deforest, Liliane Mills and Ron Mottola.

Photo by Keith Hobbs

Bell's picks for '94



By JOHN BELL
Staff Writer

Hut! Hut!

Yes, football fans, the NFL's Super Bowl is rapidly approaching again. If you're wagering money on this weekend's playoff games, you shouldn't be reading this, but if you're not quite sure, here are a few of my ill-informed predictions:

Game 1: Kansas City at Buffalo

This will be a close game, but you'll see the Bills come out on top. Let's get serious, can a quarterback with the last name of an American state (let's say.... Montana) really expect to get out of Buffalo alive? Look for Buffalo to play catch-up all game, and finish it with two fourth-quarter touchdowns.

Score: Chiefs 21 Bills 27

Game 2: San Francisco at Dallas

No match here! Any city which proudly boasts to be the home of Rice-A-Roni and streetcars is no match for the rough, rugged Texan way of life or football. Look for this game to be over at the end of the first half. This is like a guppie fighting a killer whale— fat chance!

Score: 49ers 13 Cowboys 31

NFL

In the Super Bowl, look for Buffalo to finally win by 10 points. Also look for Marv Levy to suffer a heart attack after the Buffalo team pours the Gatorade jug over his head. It will turn out that Dallas played a cruel joke and loaded the jug with boiling water. Levy will recover and wander Buffalo chanting "They make me want to shout!"

My predictions are 0 for 0 so far, so my track record proves an acceptable 100% accuracy. Good luck with your wagers!!

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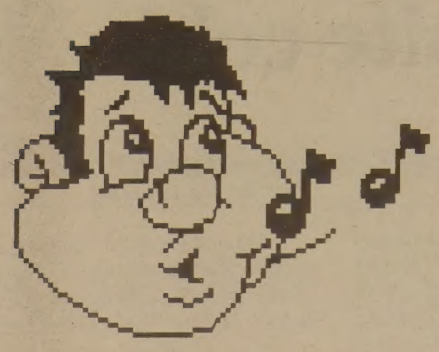


JANUARY
25-28 is

WINTER BLUES WEEK

WITH **10 cm** OF **SNOW** AND **FRIGID**
TEMPERATURES,
ONE THING IS A MUST...
YOU'VE GOT TO LOOK KOOL!

Come check out our new store hours...

TUESDAY THRU FRIDAY 9:30 am - 3:30 pm

AT THE FASHION CLUB BOUTIQUE

Field practice 'essential' in new recreation program

By PEGGY TEDDER
Staff Writer

As leisure and recreation expand on the Canadian scene, so does the need for qualified recreation leadership.

Responding to this need, Niagara College is offering the January-start Recreation Leadership program. Although offered by 14 other colleges, Niagara's is unique in that it features the fields of geriatrics, special needs and therapeutic recreation.

The two-year program offers students academic courses that are adaptable to the many diverse career paths in recreation and leisure.

A survey directed toward needs assessment was conducted with the support of recreational agencies located in the Niagara peninsula.

As the recreational movement itself grows to include individuals of all ages and backgrounds, as well as meeting a wide variety of special interest needs, it must now embrace those who have the greatest needs of all.

The results of the survey demonstrated the need for such a program at Niagara College.

"With government mandates now, more and more recreational areas needed to integrate; they didn't really have anyone in their recreation departments to deal with the special needs population," says Judy Halaiko, co-ordinator, recreation leadership program.

As the recreation movement itself grows to include individuals of all ages and backgrounds, as well as meeting a wide variety of special interests and needs, it must now embrace those who have the greatest needs of all. Halaiko, who wrote her master of arts thesis based on the results of the survey, says there is a proven need for people trained in recreation for special needs, geriatrics and therapeutic recreation. "I'm grateful we've finally got the program off the ground, it's taken five years.

"A lot of people think of recreation as physical education - really it is whatever you do in your leisure hours. As far as recreation leadership is concerned, it can range from taking seniors out to play bingo or supervising an outdoor program. It is so diverse," says Halaiko.

Field practice is an essential part of the program. In the first term students will visit various agencies to get a "feel" for the programs being offered. During the second practicum, students spend one afternoon a week assisting in one of the various agencies in the Niagara Region. In the third and fourth terms, students are required to spend a four-week period in field practice. "For these placements students will be given a list of available agencies, they will be expected to apply for these positions with resumes and interviews," says Halaiko.

Of the 43 students registered for January-start, 75 per cent are mature students.

The knowledge and skills provided by this program were acquired from "an incredible advisory committee of people who are offering recreation throughout the region. These are people who are out there working," says Halaiko.

Graduates may find employment with municipal recreation departments, senior citizen homes, penal institutions, group homes, hospitals, YM/YWCA's, social service agencies, fitness centres and private and commercial agencies.

THE RECESSION BUSTER

5 Great Specials, 2 Low Prices

MONDAY
Soup, Salad, Roll, Medium Pop
$2.99

TUESDAY
Soup, Egg Salad Sandwich, Medium Pop
$2.89

WEDNESDAY
Soup, Regular Hotdog, Medium Pop
$2.89

THURSDAY
Chili, Toast, Medium Pop
$2.89

FRIDAY
Soup, Sandwich, Medium Pop
$2.99

VERSA-Main Cafeteria Only

HOP INTO THE SAC

(Student Administrative Council)
THIS WEEK'S COMING EVENTS:

• SPEAKERS •
Experience the facinating world of
TRANSCENDENTAL MEDITATION
with expert
KEN MATTHEWS
Hamilton Room,
Thursday at 12:30 p.m.

• MOVIES •
The trials and tribulations of a high school detention group are highlighted in this John Hughes film.
THE BREAKFAST CLUB
Hamilton Room,
Tuesday at 12:30 p.m.

• SPORTS •
HOCKEY: Come watch the Knights hit the ice against Algonquin, Friday night, 7:30 p.m. at the Welland Arena.
VOLLEYBALL: Thursday promises some great action when Niagara takes on George Brown College here at home in the gym!
Game starts at 6 p.m.

•ENTERTAINMENT•
Share an enjoyable afternoon of culture and creativity with Niagara's upcoming writers/artists as you participate in the
AFTER HOURS OPEN MIC
at After Hours!
Session starts at 2:30 p.m. on Tuesday, Jan. 25. Look around for posters with more information!!
People with material needed.
Registration and admission
FREE!!!

ALSO, COMING IN FEBRUARY, WINTERCOURSE!
Loads of prizes, awards, giveaways and FUN, FUN, FUN

SAC...WHAT CAN WE DO FOR YOU!?

Niagara students take New York by storm

by DANIELLE MEVILLE
Staff Writer

Lady Liberty opened her arms to welcome fashion students from Niagara College.

The second-year Fashion Merchandising/Visual Promotion class, led by Joan Davies and Carole Timm, spent the first weekend in December in the Big Apple.

The annual NADI (The Visual Marketing and Store Design Show) trade show was being held at Pier 92 in New York and the students were on hand to take in the sights and hopefully learn a little more about their chosen field of study.

The trip's itinerary included a trip to the actual trade show and a visit to other exhibitors who were stationed throughout the city.

Upon arrival in New York, students were allowed to spend the day on their own. Greenwich Village, Soho, Central Park, Planet Hollywood, The Guggenheim, Macy's and Times Square were all visited by over thirty Niagara College students.

The second day in the city the students took in the trade show at Pier 92. Prop and display corporations from across the United States and Canada were in attendance to show their products and design ideas.

Students were familiarized with everything from hangers and mannequins to fibreoptics and high-tech signage.

The second part of the show led the class to assorted display showrooms throughout the city to view the number of displays designed by different companies.

The students visited the Seven Continents showroom with displays by designer James McCloskey. His theme used gentle curves of waves combined with soft textures and colors.

"I wanted to do something totally different. I turned to the seas because they seem so rhythmic and peaceful at the same time. I didn't want just black and white," said McCloskey.

Another showroom across town showcased Gemini Mannequins. Stark black and white figures where highlighted. Quite a contrast to that of Seven Continents.

A quick stop at Barneys of New York profiled an obscure slant to the traditional Christmas display windows. Family settings were turned into trashed living rooms, broken windows, ripped furniture and dismantled Christmas trees.

"The trip gave the students the opportunity to explore the field of merchandising from a trade point of view and it allowed the students to observe display windows and showrooms," said Timm.

The trip was enjoyed by all staff and students. Many students took advantage of the free evenings and took in the New York nightlife.

Fashion Merchandising student Antonella Annibale made it to the world-famous Palladium dance bar.

"The Palladium was definitely the best part of the trip. It was great," she said.

Free time throughout the day was spent touring the city's many art galleries and shopping. Macy's was located only three blocks from the hotel where the students were staying.

Most of the students agreed the trip wasn't long enough and look forward to returning at some point.

"The trip was very successful considering how large the group was. We followed the itinerary without any problems," said Timm.

"It was a great growing experience. New York is the basis of all forums. Journalism, fashion, business, everything. If you are there, you absorb everything around you. You feel the spirt they (New Yorkers) feel, that zest for life, I came back bound and determined to be just like them. No matter what," said Angelique Sobschak, a visual merchandising student.

"The (display) windows were incredible. We lack decent visual merchandisers in Canada. They should go down to New York, take a look and it may help to get more depth in the field," she said.

An extended view of Times Square.

Photo by Amy Neilands

McCloskey's fish enhance the aquatic theme of his presentation.

Photo by Amy Neilands

Bright lights in the big city

By AMY NEILANDS
Staff Writer

The bright lights and the amazing sights. New York City, New York; the city that never sleeps.

On Dec. 3 to 5, Danielle Meville and I from the Niagara News, accompanied the visual merchandising class on their annual trip to New York City.

It being my first time to the city of over eight million people, and being from a small town, I was overwhelmed by its grandiosity. The skyscrapers that tower overhead in the heart of Manhattan barely let the sun reach the bustling streets below.

After reaching our hotel room, we were eager to explore. There was so much we wanted to see, but we didn't know where to begin.

Our first stop was Planet Hollywood. Lunch at the trendy restaurant owned by Arnold Schwarzenegger, Sylvester Stallone and Bruce Willis was like eating in a Hollywood museum. The walls were covered with props from several movies. We were seated near Stallone's boxing uniform worn by him in Rocky.

Disappointed after no famous celebrity sightings, we headed to Central Park. A carriage ride took us through the beautiful park. With a skating rink, zoo, and many other sights to see, it's a nice place to relax and get away from the noisy, hectic city outside the park.

On our long walk back to the hotel, we stopped at several famous stores such as F.A.O. Schwartz, Saks Fith Avenue, Bergdorf and Goodman's, and of course Macy's.

Nine floors of anything you could hope to find. Macy's is a shopper's dream come true. The aisles were filled with shoppers searching for the perfect Christmas gift.

You can't go to New York City without going to the world famous Empire State Building. It was a clear night so the visibility from the 82nd floor observation deck was 25 miles. Everything was lit up and looked so peaceful down below.

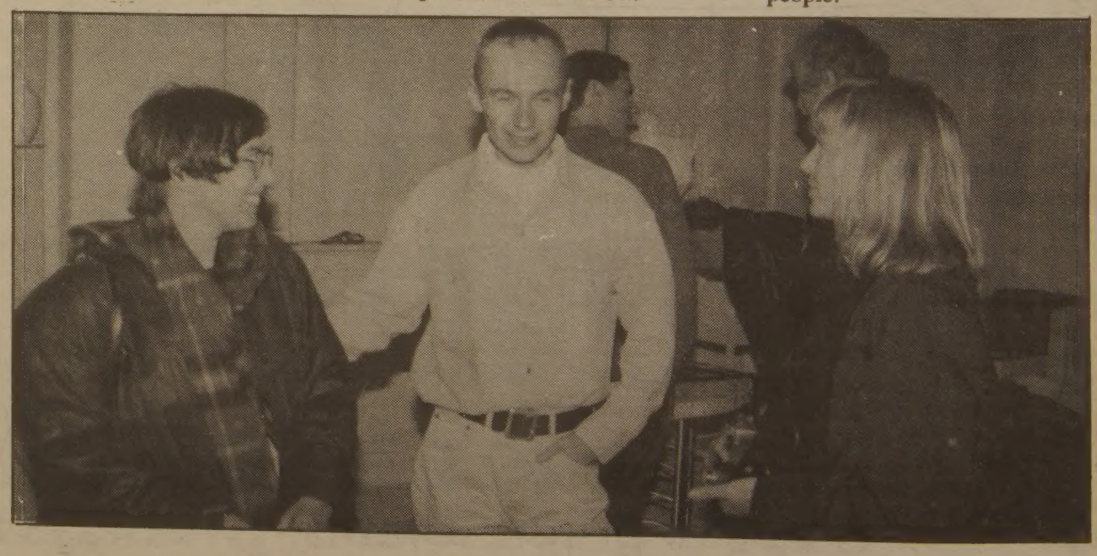
The next day Danielle and I decided to go to a Broadway play. We chose to go and see Blood Brothers which starred David and Shawn Cassidy. As we walked out of the theatre from buying our tickets, we had our first celebrity sighting. Shawn Cassidy was standing there being photographed by a young fan. He disappeared into the theatre before I had a chance to pull out my camera.

The play was wonderful. It combined comedy, drama, and music. The actors received a standing ovation for their spectacular performance.

Our final day in the Big Apple arrived too quickly. We went back to Central Park for lunch at Tavern on the Green then took one more yellow cab up to Columbia University to take pictures and buy souvenirs.

The whole group left for the airport with their Macy's shopping bags and their memories.

I'll miss New York City and its many things to see and do, but they can keep their honking horns, fire sirens, and crowds of people.



James McCloskey, centre, discusses his designs with Joan Davies, left, and Carole Timm, right.

Photo by Amy Neilands